January Webinar

Who, What, and How: Connecting Resources for Healthier Communities

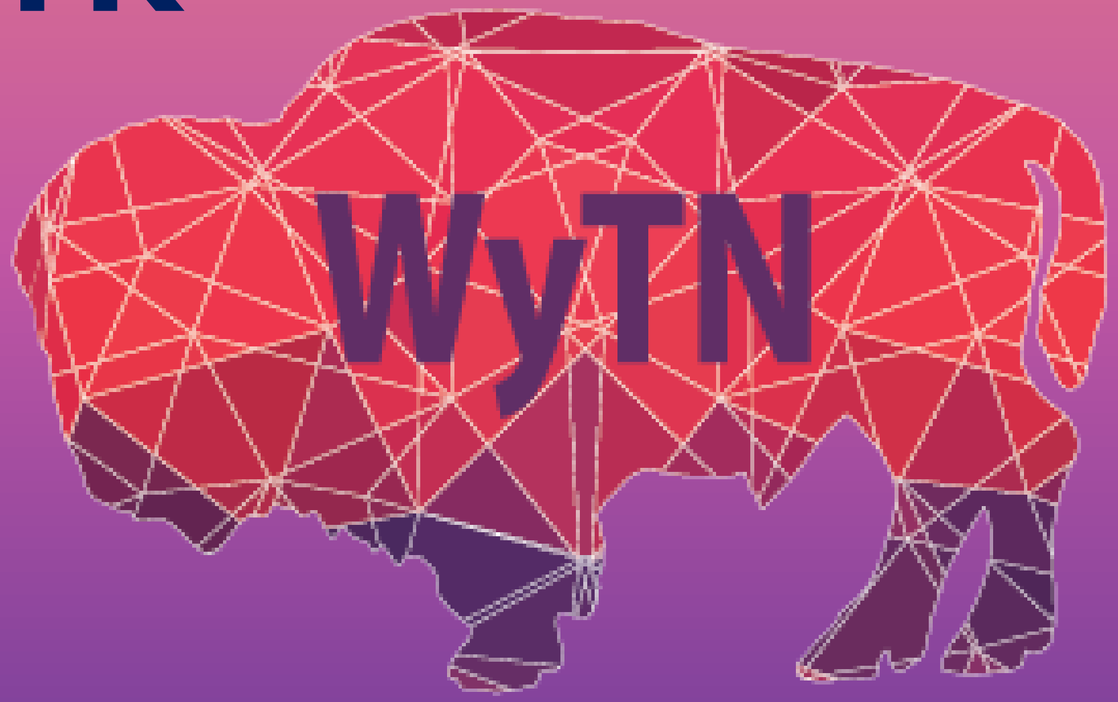
UW College of Health Sciences
Wyoming Institute for Disabilities

Cent$ible Nutrition Program

Wyoming 2·1·1
Get Connected. Get Help.™

Healthier Wyoming
BY THE WYOMING CENTER ON AGING

Wyoming Telehealth Network



College of Health Sciences
Wyoming Institute
for Disabilities

Our Mission

The Wyoming Telehealth Network (WyTN) supports healthcare entities, providers, and specialists through professional development, collaboration, and leveraging of telecommunications technology.

Our goal is to increase access to care and improve health outcomes for all Wyomingites.

WyTN
Wyoming Telehealth Network

For Providers

→ **Free, HIPAA-secure Zoom licenses to direct-service providers serving clients in Wyoming.**

- Currently, WyTN hosts 1,866 providers representing over 45 specialties.

→ **Registration on the Wyoming Telehealth Provider Directory.**

- Registering on the Wyoming Telehealth Provider Directory increases the visibility of your practice as a provider of telehealth services.

→ **Education, technical assistance, and telehealth policy updates.**

- WyTN facilitates professional development opportunities throughout the year. Additionally, we monitor federal and state telehealth policy to ensure WY providers are up-to-date on changes that matter to them.

WyTN
Wyoming Telehealth Network

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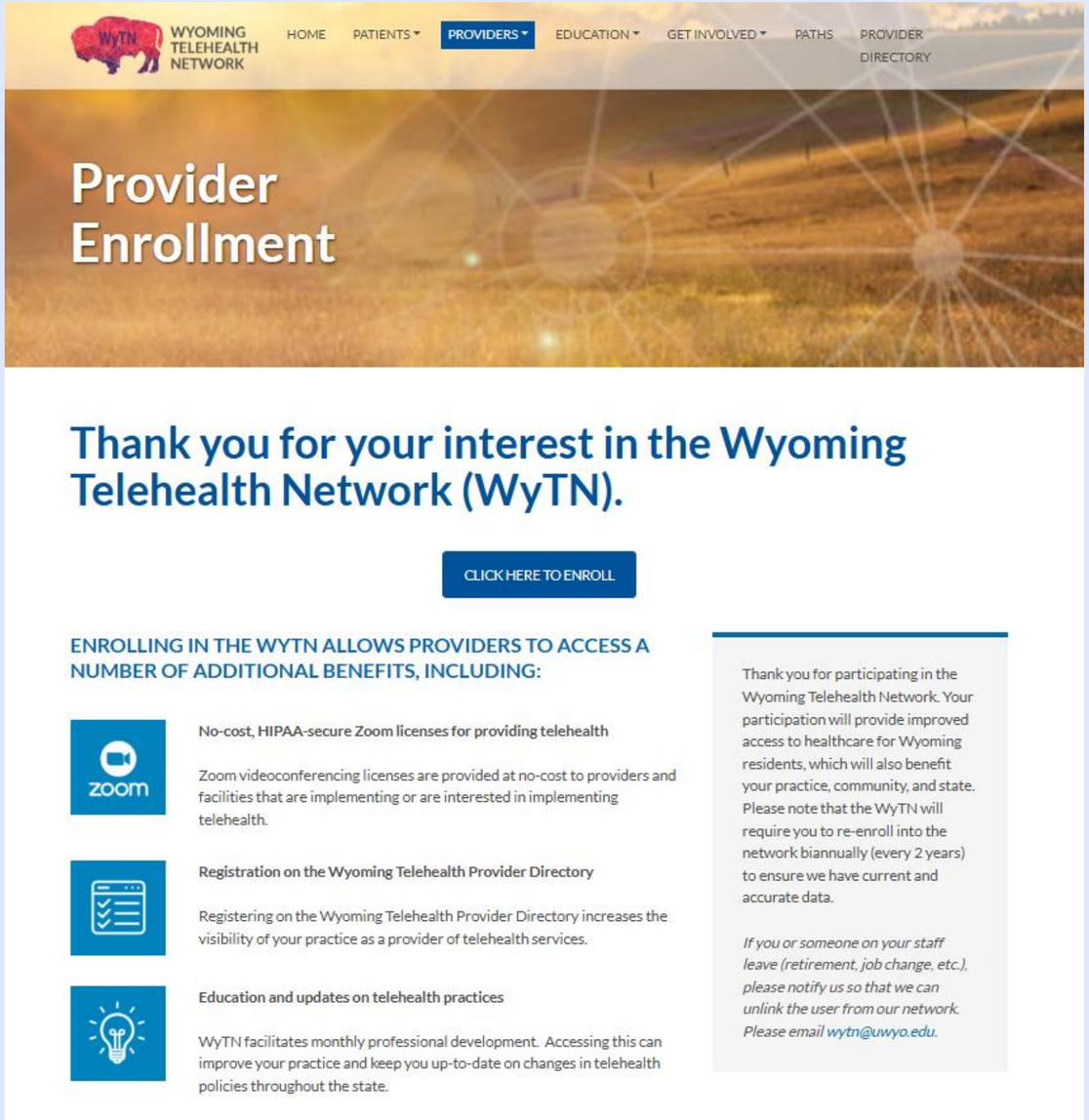

- Our Zoom Accounts do not have a meeting time or participant number limit, to support everything from 1:1 meetings, to educational sessions.

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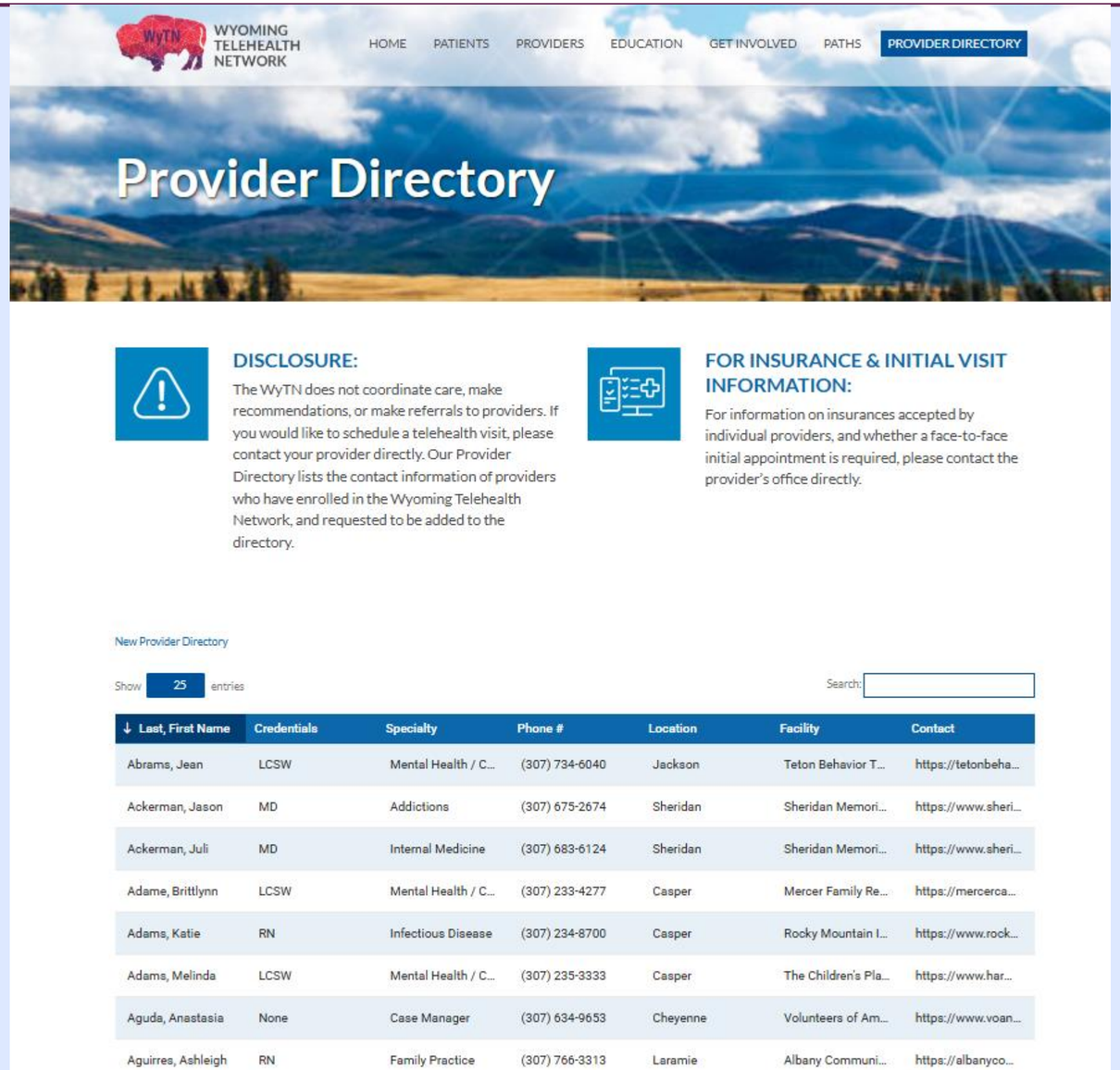

Last, First Name	Credentials	Specialty	Phone #	Location	Facility	Contact
Abrams, Jean	LCSW	Mental Health / C...	(307) 734-6040	Jackson	Teton Behavior T...	https://tetonbeha...
Ackerman, Jason	MD	Addictions	(307) 675-2674	Sheridan	Sheridan Memori...	https://www.sheri...
Ackerman, Juli	MD	Internal Medicine	(307) 683-6124	Sheridan	Sheridan Memori...	https://www.sheri...
Adame, Brittlynn	LCSW	Mental Health / C...	(307) 233-4277	Casper	Mercer Family Re...	https://mercerca...
Adams, Katie	RN	Infectious Disease	(307) 234-8700	Casper	Rocky Mountain I...	https://www.rock...
Adams, Melinda	LCSW	Mental Health / C...	(307) 235-3333	Casper	The Children's Pla...	https://www.har...
Aguda, Anastasia	None	Case Manager	(307) 634-9653	Cheyenne	Volunteers of Am...	https://www.voan...
Aguirres, Ashleigh	RN	Family Practice	(307) 766-3313	Laramie	Albany Communi...	https://albanyco...

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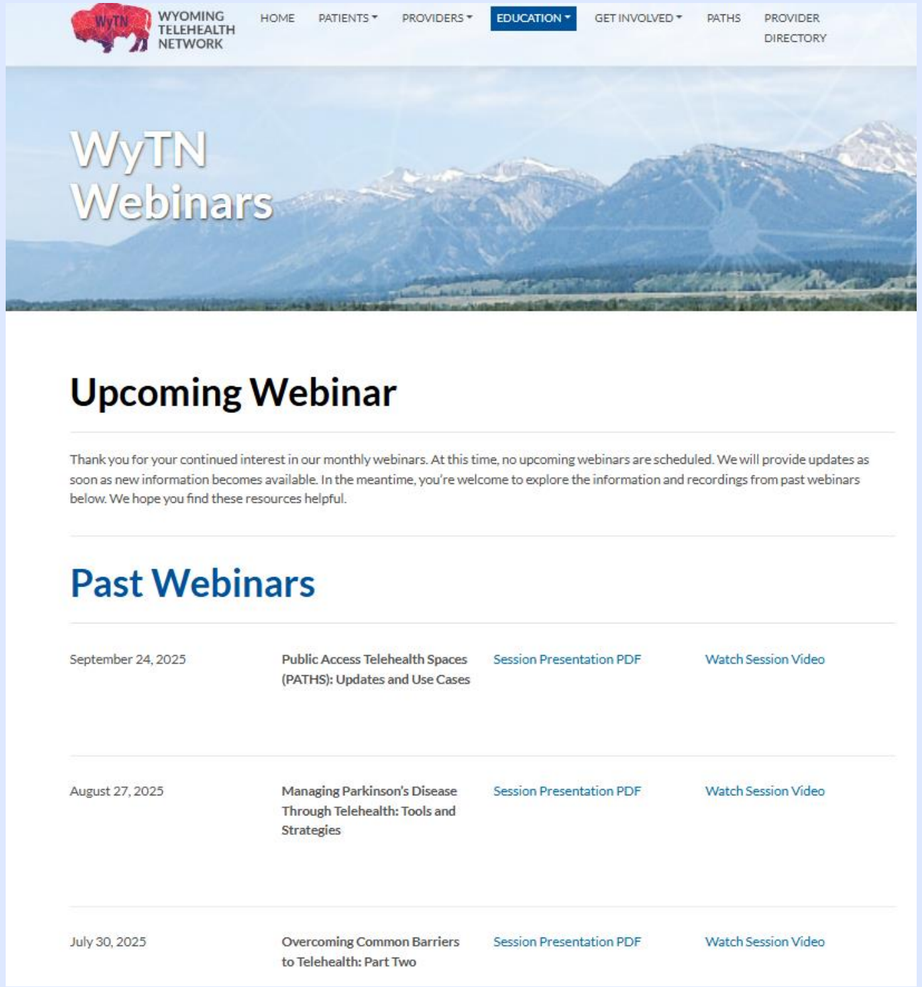

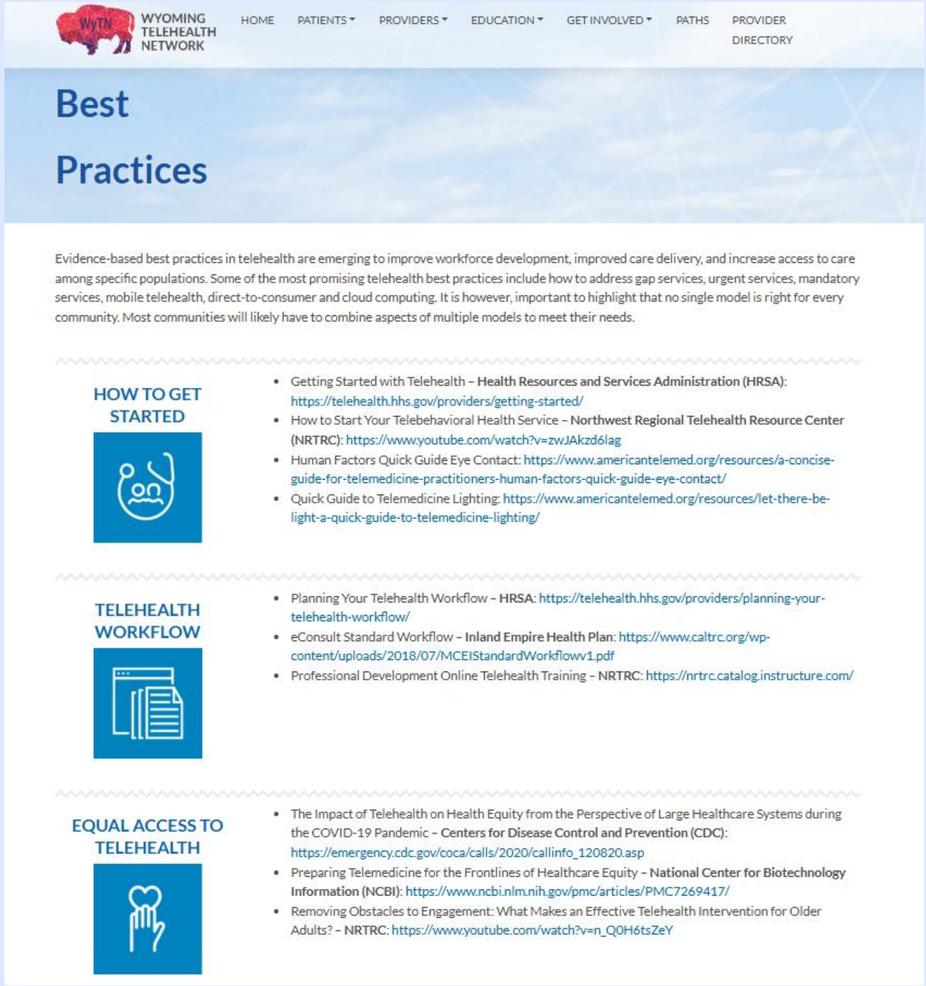

- Monthly Newsletters and Announcements
- State and National Educations Resources
- Previous meeting minutes

WyTN
Wyoming Telehealth Network

For Patients

→Open access to our searchable Provider Directory

- The Provider Directory is housed on our website, and contains information such as provider name, specialty, and contact information.

→Telehealth 'How-To' guides for patients

- We provide several guides, in both English and Spanish, to help patients navigate their telehealth appointments

→Public Access Telehealth Spaces (PATHS)

- Free-to-use, soundproof booths equipped with the necessary equipment for a telehealth appointment.

WyTN
Wyoming Telehealth Network

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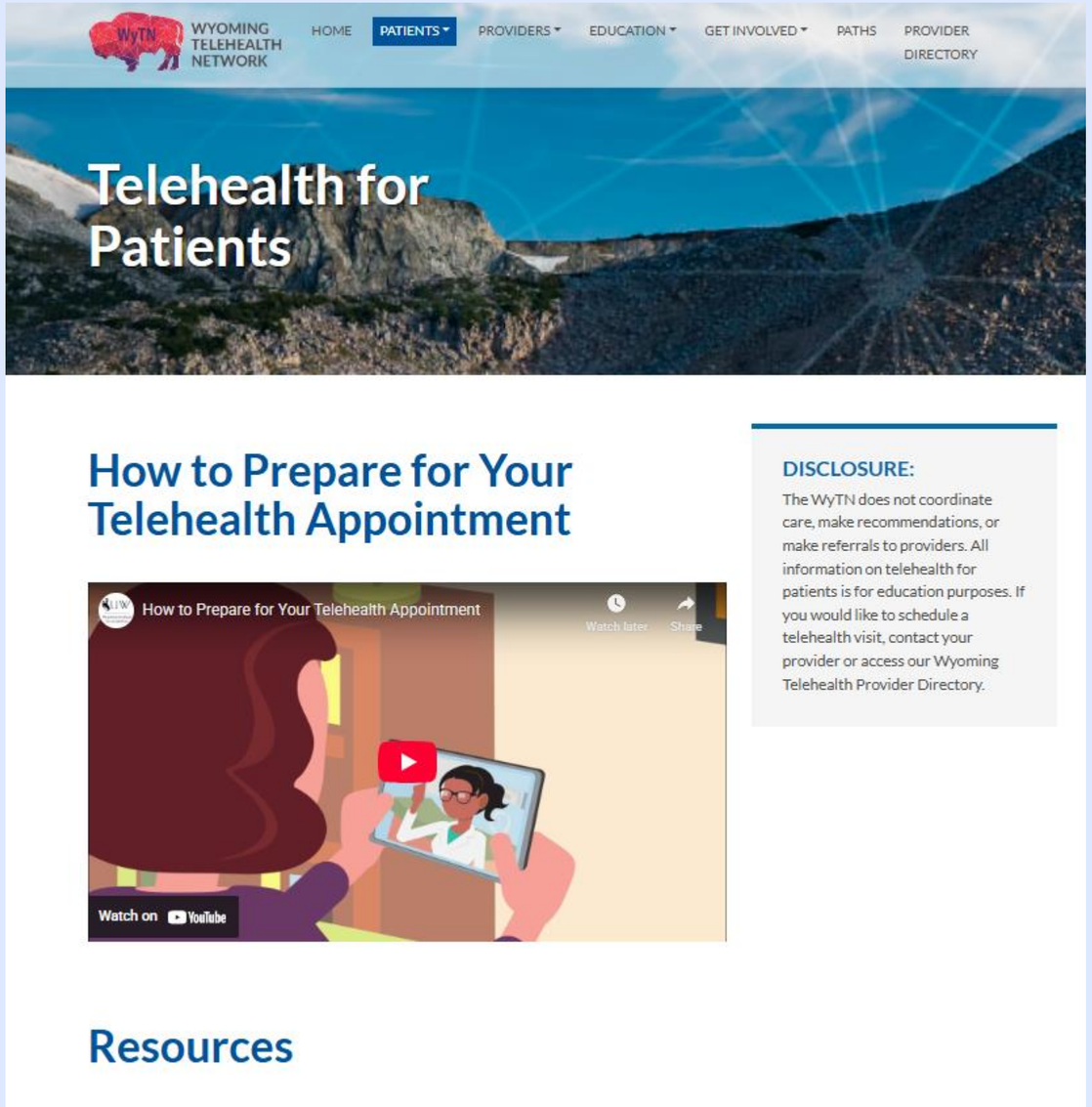

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→Public Access Telehealth Spaces (PATHS)

- Free-to-use, soundproof booths equipped with the necessary equipment for a telehealth appointment.

- **The project aims to place TAPs into Wyoming's community spaces.**
  - 5 County Libraries
  - 1 Senior Center* (coming this Spring)
- **Provides users with access to care via Telehealth**
  - Healthcare accessories (Blood Pressure Kits)
  - Friendly and knowledgeable staff
  - Other health-related information/materials

PATHS Booth in the Park County Public Library

Inside view of the booth in the Natrona County Public Library

WyTN
Wyoming Telehealth Network

→Public Access Telehealth Spaces (PATHS)

- Free-to-use, soundproof booths equipped with the necessary equipment for a telehealth appointment.

2024 Booth Locations

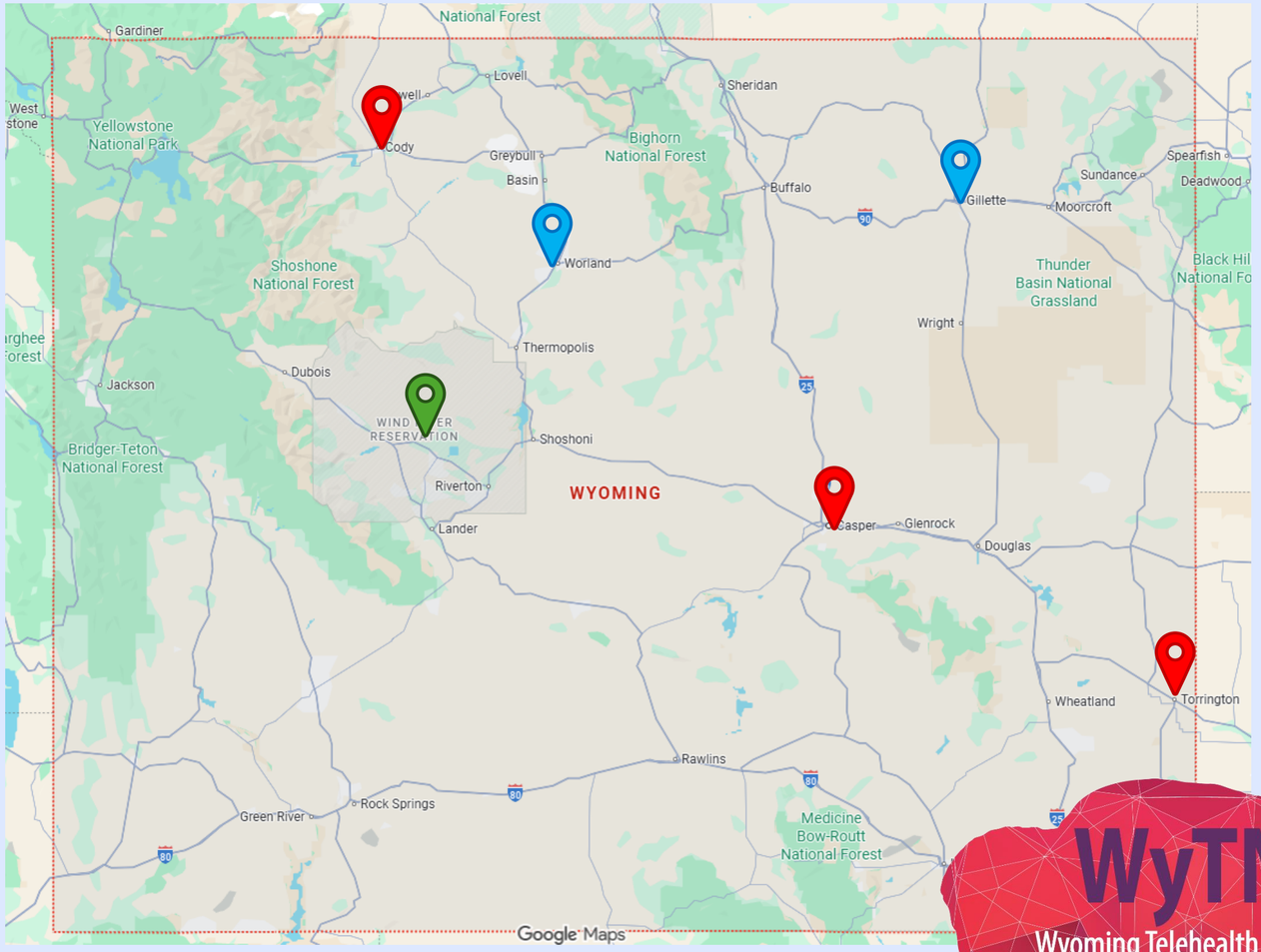
- Goshen County Public Library
  Torrington, WY
- *Natrona County Public Library*
  Casper, WY
- *Park County Public Library*
  Cody, WY

2025 Booth Locations

- Campbell County Public Library
  Gillette, WY
- Washakie County Public Library
  Worland, WY

2026 Booth Locations

- Riverton Senior Citizen's Center
  Riverton, WY
- **!?!?**



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Wyoming Telehealth Network

Get Involved!

→ Special Interest Groups

Wyoming Hospitals

Third Tuesday of each month
12p-1p MT

Telemental Health

Second Friday of each month
11a-12p MT

Community Health and Chronic Disease Prevention

Second Tuesday of each month
11a-12p MT

→ Wyoming Telehealth Consortium

The Wyoming Telehealth Consortium (WTC) exists to enhance collaboration and alignment between organizations, key stakeholders, and consumers to promote telehealth initiatives to improve equity in and access to health services in Wyoming.

Next Quarterly Meeting
April 28th,2026
3:00-4:00pm

Two Monthly Committee Meetings
- Finance Committee
- Strategic partnerships and Outreach Committee

WyTN
Wyoming Telehealth Network

Thank You!

Kristen Glennie, M.S.

Project Coordinator, Senior | Health Emphasis Programs

Wyoming Telehealth Network | Wyoming Institute for Disabilities

College of Health Sciences | University of Wyoming

P: (307) 766-3007 | **E:** kglennie@uwyo.edu

(she/her)

UW | College of Health Sciences Wyoming Institute for Disabilities

WyTN Wyoming Telehealth Network

University of Wyoming

Wyoming Center on Aging

Our Mission

Our Mission is to optimize the health and wellbeing of Wyoming's older residents and their caregivers through interagency partnerships, basic and applied research, community education, and clinical training and services.

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Our Programs

- Library Blood Pressure Kit Checkout Program
- Healthy Heart Ambassador
- Healthy U
- Diabetes Self Management Education
- Diabetes Prevention
- Wyoming Dementia Together
- Dementia Support Services

Chronic Disease Prevention Program

Healthier Wyoming by The Wyoming Center on Aging

https://www.uwyo.edu/healthierwyo/

Chronic Disease Prevention Network Regional Coordinators

University of Wyoming | Wyoming Center on Aging

Healthier Wyoming
By The Wyoming Center on Aging

Kara Beech, BSBA, SHRM-CP, CTA
Rock Springs

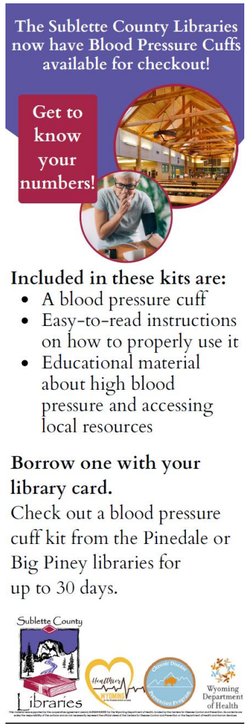
Kevin Franke, BSN
Casper

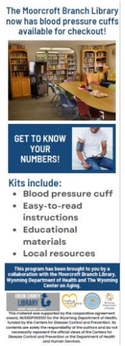
Dian True, RN, CDE
Cody

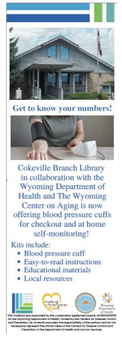
Library Blood Pressure Kit Program

- Tackle box and components
  - Blood pressure cuff
  - Manual in English and Spanish
  - Patron bag with materials

- Marketing
  - Flyers for library and community
  - Bookmarks
  - Social media ads
  - Letter and flyer to primary care providers in the community
  - Letter and flyer to resource partners in the community
  - Press release about program implementation
  - Flyers are being used at local health fairs







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23 Counties
67 Libraries
1600+ Check-outs

GET TO KNOW YOUR NUMBERS!

All 23 Wyoming County Libraries now have blood pressure cuffs available for checkout!

Kits include

- Blood pressure cuff
- Easy-to-read instructions
- Educational materials
- Local resources

This material was supported by the cooperative agreement award, NU58DP006551 for the Wyoming Department of Health, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

Healthier Wyoming by the Wyoming Center on Aging | Chronic Disease Prevention Program | Wyoming Department of Health

University of Wyoming | Wyoming Center on Aging

Healthy Heart Ambassador Program

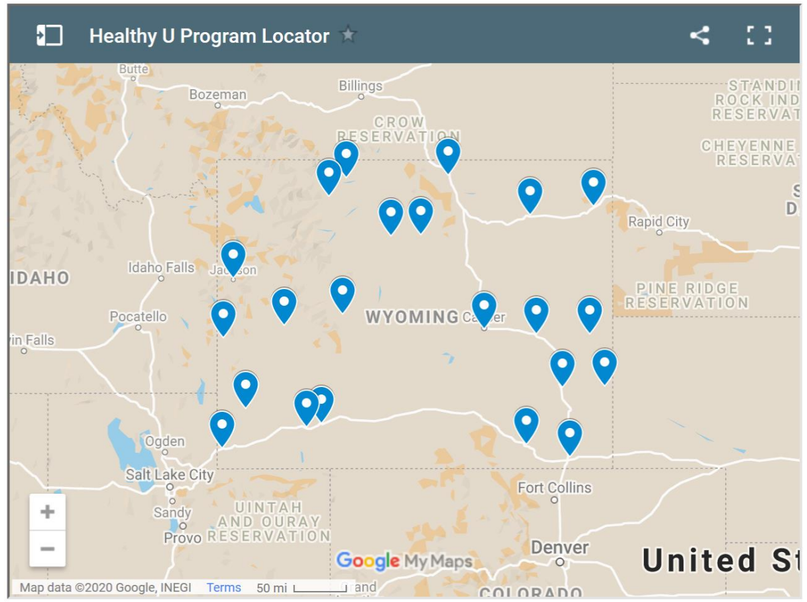
- Peer led
- 4-month program
- Encourages nutrition modification
- Technical assistance provided by WyCOA

University of Wyoming | Wyoming Center on Aging

HEALTHY U

- Action planning towards better health
- A suite of health promotion programs designed to help any adult have a more active and productive role in their health management
  - Chronic Disease Self-Management Program (CDSMP)
  - Tomando Control de su Salud (Spanish CDSMP)
  - Diabetes Self Management Program (DSMP)
  - Cancer: Thriving and Surviving (CTS)
- Each workshop series is 6 weeks long and meets once a week for 2.5 hours (15 hours in total)
- Family members and caregivers welcome

Ask about HealthyU in YOUR area!
healthyu@uwyo.edu



https://www.uwyo.edu/healthyu/

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HEALTHY U

Cancer Thriving and Surviving

Laramie, WY

Jan 26th - March 9th, 2026

Mondays, 3:30-6pm

Ivinson Memorial Hospital

Cheyenne, WY

Feb 14, Feb 21, Feb 28, March 14, March 21, and March 28th, 2026

Saturdays, 1-3:30pm

Wyoming State Museum

https://www.uwyo.edu/healthyu/

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HEALTHY U

Want to become a HealthyU Leader?

In-Person Training
April 14-17th, 2026. 8am-4pm
Laramie, WY

https://www.uwyo.edu/healthyu/

WYOMING DEMENTIA Together

CONNECTING WITH PEOPLE WHO CARE

Family caregivers and experienced dementia professionals meet to provide

- **Confidential Education**
- **Support**
- **Networking**
- **Resources**

Who should attend?

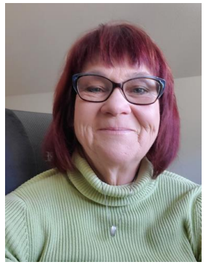
Caregivers of loved ones living with dementia

- **Virtual Meetings**
- **Free to all Caregivers**

Dani Guerttman

Katie Kitchen Andren

Carol Taylor



Sabine Schenck

Scott Veatch

Theresa Robinett

University of Wyoming | Wyoming Center on Aging

http://www.uwyo.edu/wycoa/educational_and_training_opportunities/wyoming-dementia-together.html

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DIABETES SELF-MANAGEMENT & EDUCATION SUPPORT (DSMES)

About DSMES

Diabetes Self-Management Education and Support (DSMES) is the foundation of care for those with diabetes. According to the National Standards for DSMES, it can be defined as: "The ongoing process of facilitating the knowledge, skills, and ability necessary for diabetes self-care, as well as activities that assist a person in implementing and sustaining the behaviors needed to manage his or her condition on an ongoing basis, beyond or outside of formal self-management training."

14 Accredited Programs across the state.
In-person and Virtual options

Chronic Disease Prevention Program

Healthier Wyoming
By The Wyoming Center on Aging

University of Wyoming | Wyoming Center on Aging

NATIONAL DIABETES PREVENTION PROGRAM

- Peer Led
- 12-month program
- Encourages nutrition modification and exercise
- Technical Assistance provided by WyCOA

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Our Resources

- ECHO in Geriatrics
- Care Coordination Certificates
- Dementia Care Certificate
- Geriatric Healthcare Series
- The Rural Community Linkage Toolkit
- Age-Friendly and Dementia-Friendly Care Preceptor Toolkit
- Geriatrics Career Resources Collection
- The Student Success Resource Guide

Project ECHO® University of Wyoming

Thank you!

Kara Beech, BSBA, SHRM-CP, CTA
Regional Coordinator
University of Wyoming Center on Aging
Under Contract with the Wyoming Department of Health-
Chronic Disease Prevention Program (CDPP)
307-272-3361
kbeech@uwyo.edu

Cent$ible Nutrition Program

Wyoming's SNAP-Ed & EFNEP Programs

Cent$ible Nutrition Program

The Challenge

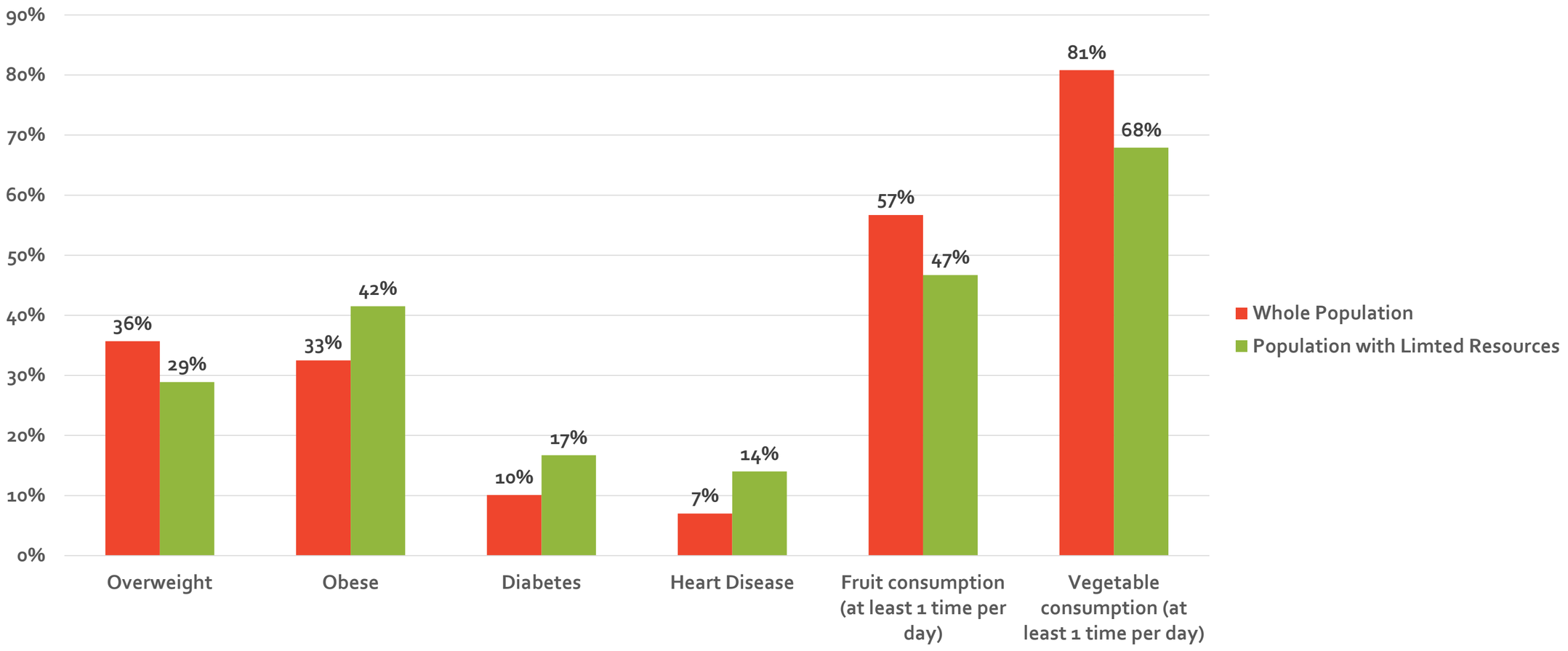
Nutrition & Food Challenges

- Health concerns (obesity, chronic disease)
  - Concerning for everyone, but people with limited resources are at a greater risk
- Food insecurity (not having enough food)
- Nutrition insecurity (not have enough nutritious food)

Other Challenges

- Weather
- Short growing season
- Rural state

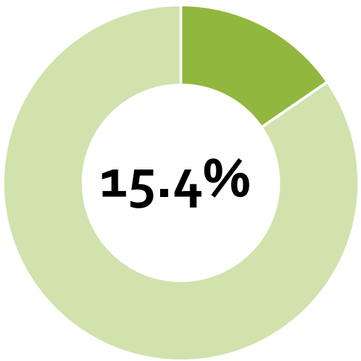
Health Concerns for Wyoming



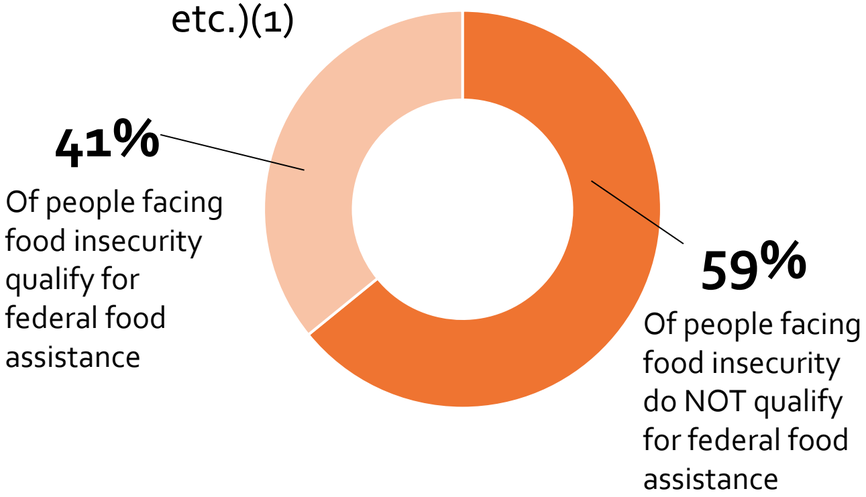
3 Centers for Disease Control and Prevention. BRFSS Prevalence and Trends Data. 2024, 2021

Food Insecurity-Wyoming

Wyoming Food Insecurity Rate (1)



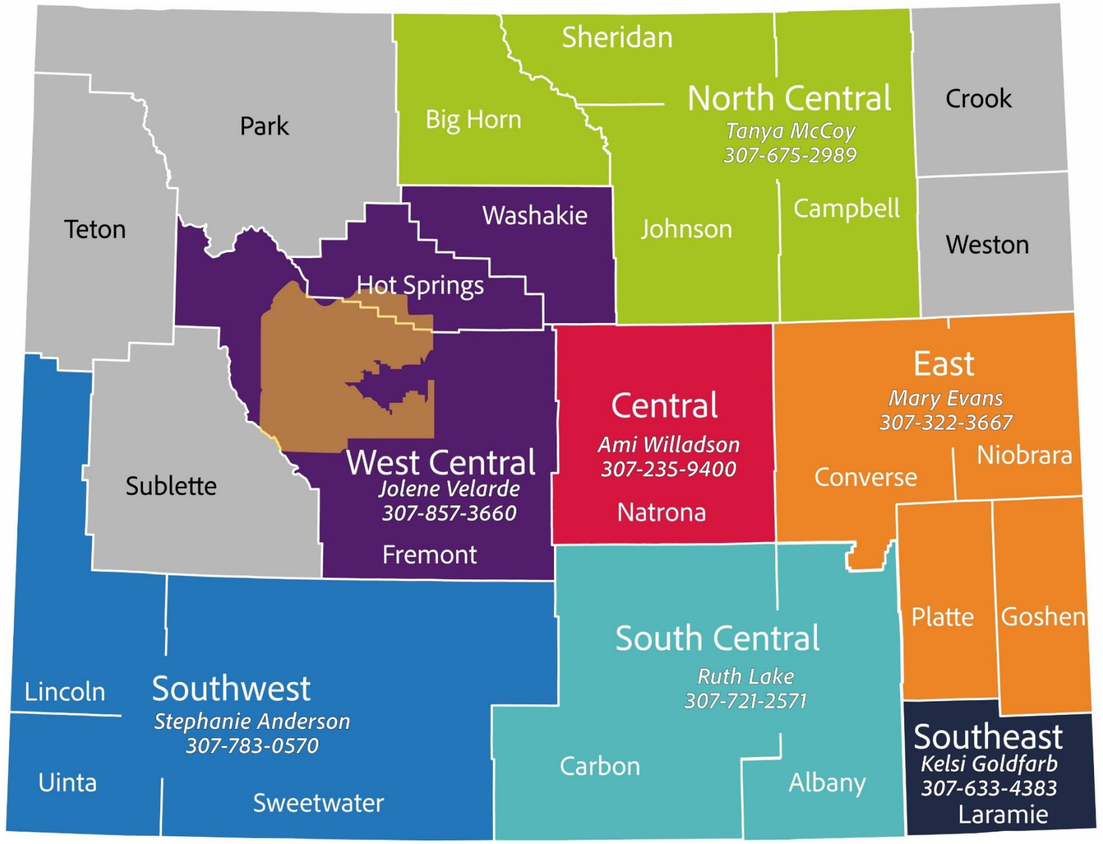
Food Insecure People in Wyoming Eligible for Federal Food Assistance Programs (SNAP, WIC, etc.)(1)



1 Feeding America. Food Insecurity among the Overall Population in Wyoming. 2023.

About CNP

- Funded by two USDA grants, the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP).
  - SNAP-Ed funding expires September 30, 2026
- Part of the University of Wyoming Extension.
- 7 educators regionally covering the state
- 1.5 administrators at the University of Wyoming campus



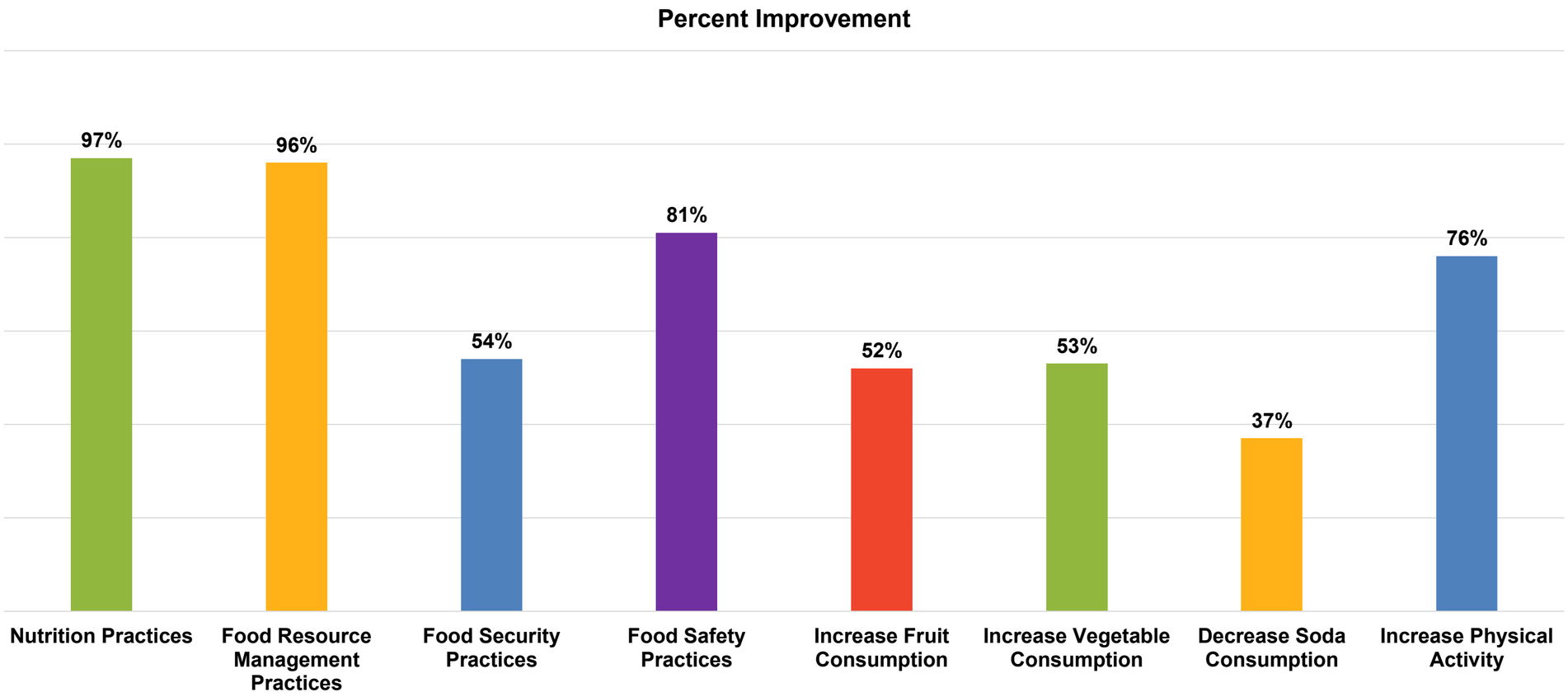
What We Do

- CNP helps people eat healthier on a budget through:
  - Nutrition and cooking classes for adults and youth
  - Work with community partners to help make the healthy choice the easy choice

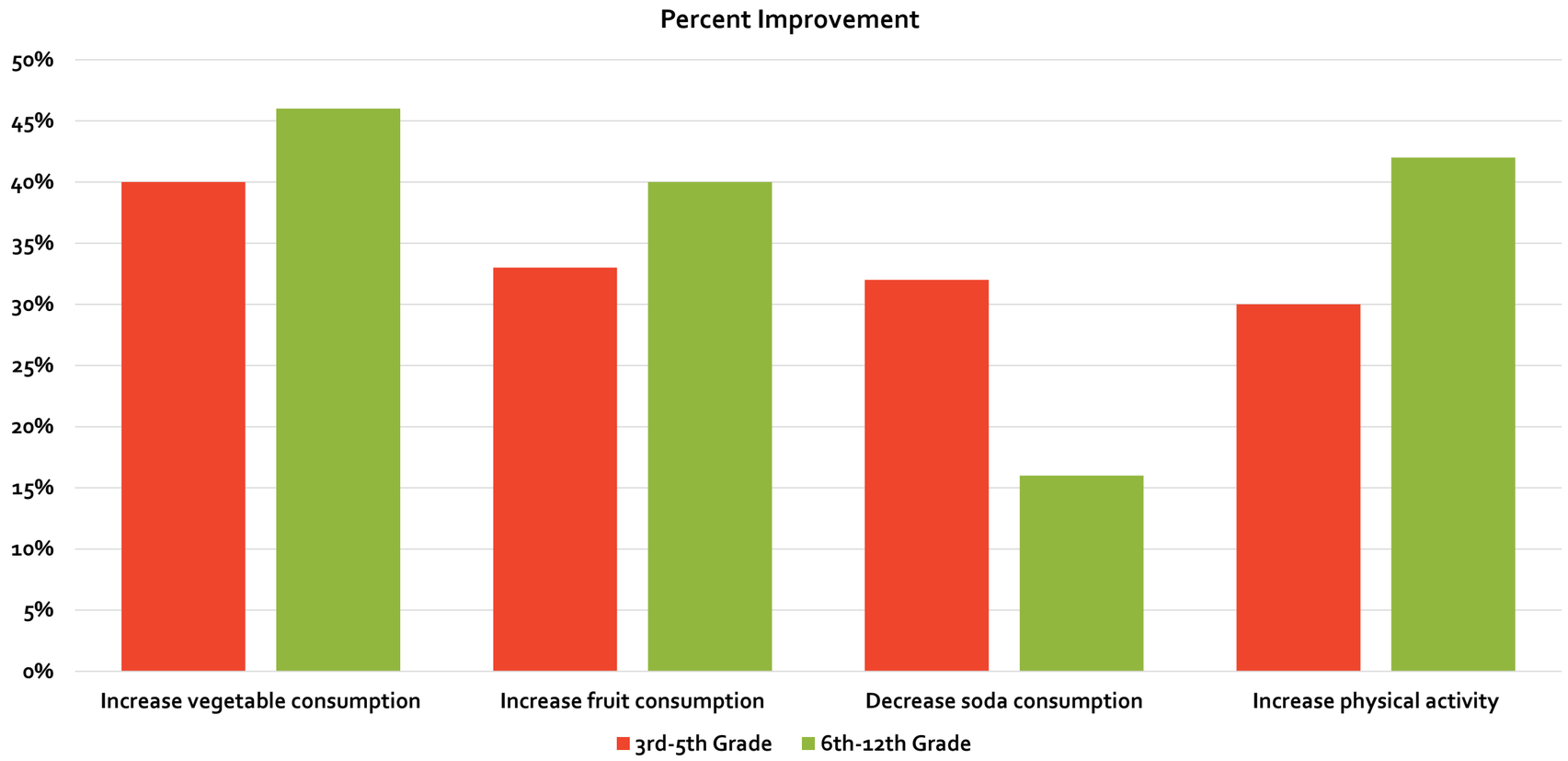
Our Solution: Nutrition Education

- Adult nutrition, cooking, and physical activity classes
  - 8-lesson series called Simply Cent$ible Nutrition
  - In person or online options available
  - Topics: MyPlate food groups, basic nutrition, meal planning, shopping skills, cooking, food safety, and physical activity
- Youth nutrition, cooking, and physical activity classes
  - *Exploring MyPlate with Bo the Bison* (K-2nd grade curriculum)- 5 lessons
  - *Grazing with Marty Moose* (3rd-5th grade curriculum)- 5 lessons
  - *Real Kids, Real Skills, Real Meals* (6th-8th grade curriculum)- 5 lessons
  - *Simply Cent$ible Nutrition* (9th-12th grade curriculum)- 8 lessons

Adult Nutrition Education Outcomes



Youth Nutrition Education Outcomes



Our Solution: Community Projects

Community interventions that make the healthy choice the easy choice in the places where the people eat, learn, live, play, shop, and work

- Community partners/projects include:
  - Food pantries
  - Childcare centers
  - Schools and youth programs
  - Local food and gardens

Grow a Little Extra

A joint project with Wyoming First Lady Jennie Gordon's Wyoming Hunger Initiative

- Encourage local gardeners and organizations to grow extra produce
- Donate extra produce to hunger relief partners like food pantries and soup kitchens

Gardens & Geodomes

- Contributes to Grow a Little Extra
- Generally these gardens support a specific hunger relief partner or partners
- Learning garden for nutrition classes
- Gardens at daycare centers and schools
- Geodomes extend the growing season, allowing for more produce to be grown
  - Supports Grow a Little Extra donations
  - Benefits food pantries, childcare centers, etc.

Food Pantries

- Supported by Grow a Little Extra and other gardening work
- Additional supports include
  - Recipes and ideas for helping patrons use available food resources
  - Fostering relationships between the food pantry and the local grocery store for healthy donations and food drives
  - Under Pressure Instant Pot project
  - Refrigerators and freezers

Physical Activity Sidewalk Stencils

- Sidewalk stencils are intended to enhance outdoor play spaces to increase physical activity
  - Childcare centers
  - Elementary schools
  - Public libraries
  - Community centers

Contact Us

- **Website:** https://uwyocnp.org
  - Self-refer at: https://uwyocnp.org/welcome/sign-up-for-classes/
- **Call:** 307-766-5375
- **Email:** cnp-info@uwyo.edu
  - Email referrals here
  - Referral form coming soon!

CommuniCare – CIE

CommuniCare is a new initiative that aims to improve access to community services, health, and equity by improving coordination and communication between service providers in Wyoming as a Community Information Exchange® (CIE).

A Community Information Exchange® (CIE) is a network of cross-sector partners who commit to sharing information and coordinating care with each other. Partners can access a variety of tools and Wyoming 211's comprehensive resource database where they contribute to a single longitudinal client record, share information important to care, and make bi-directional, closed-loop referrals. As a result, their shared clients will have more efficient access to the care and support they need to improve their health and quality of life.

Visit now →

CommuniCare Timeline

2019 - 2021

- Goal Connect Sunsets
- LCCP Access to Care Committee starts reviewing technology platforms
- CRMC Community Benefit Committee funds Wyoming 211 to hire a consultant (EMC Partners) to explore developing a CIE
- Steering Committee developed

2022

- Laramie County Environmental Scan
- Created and Implementation Workplan
- Technology Spec Sheet developed for CIE
- Visionlink designated as MVP for CIE
- Created the Levels of Participation
- Wyoming 211 joined the US 211 Collaborative

2023

- Branded CIE as CommuniCare
- Developed language for Client Consent
- Drafted partner workflows
- Program Manager, CommuniCare hired
- Began build specs with Visionlink
- Identified Pilot Partners
- Preparation of Legally Compliant Framework

2024

- Family Resource Center Grant Executed
- CDP Grant Executed
- Finalization of Legal Framework
- Onboarded pilot partners with partner agreements and training
- Pilot was live: March 18 to June 6
- Evaluated Pilot
- Reviewed alternate CIE systems and partners
- Executed Agreement with QHN/CRN

2025

- Launch enhanced platform supporting multi-directional electronic referrals
- Interface CRN with VisionLink Resource Database
- Assess Priority community readiness
- Onboard Priority Community Partners
- Lunch, Launch, Listen and Learn (L4)
- Assess outcomes and analyze data for future funding and improvements
- 2025 SDOH Summit

2026

- Community Engagement Expansion
- Complete Launch and L4 in all Regions
- 2026 SDOH Summit
- Strategic Planning
- Financial Sustainability plan by community
- Onboard a minimum of 4 healthcare facilities
- Expand Education for Chronic Disease Prevention for Family Resource Centers

What Does CommuniCare Offer?

- Standardized Intake
- Direct Referrals and Outcomes
- Access to over 3,000 resources in WY211 Database
- Referral Dashboard
- Case Management and Care-Team tools
- Document Uploader Vault
- Dozens of pre-built Evaluations and Assessments
- Access to Electronic Master Patient Index (EMPI) via Contexture HIE
- Direct Access to WY211 CommuniCare, ADRC, and Kinship Navigators

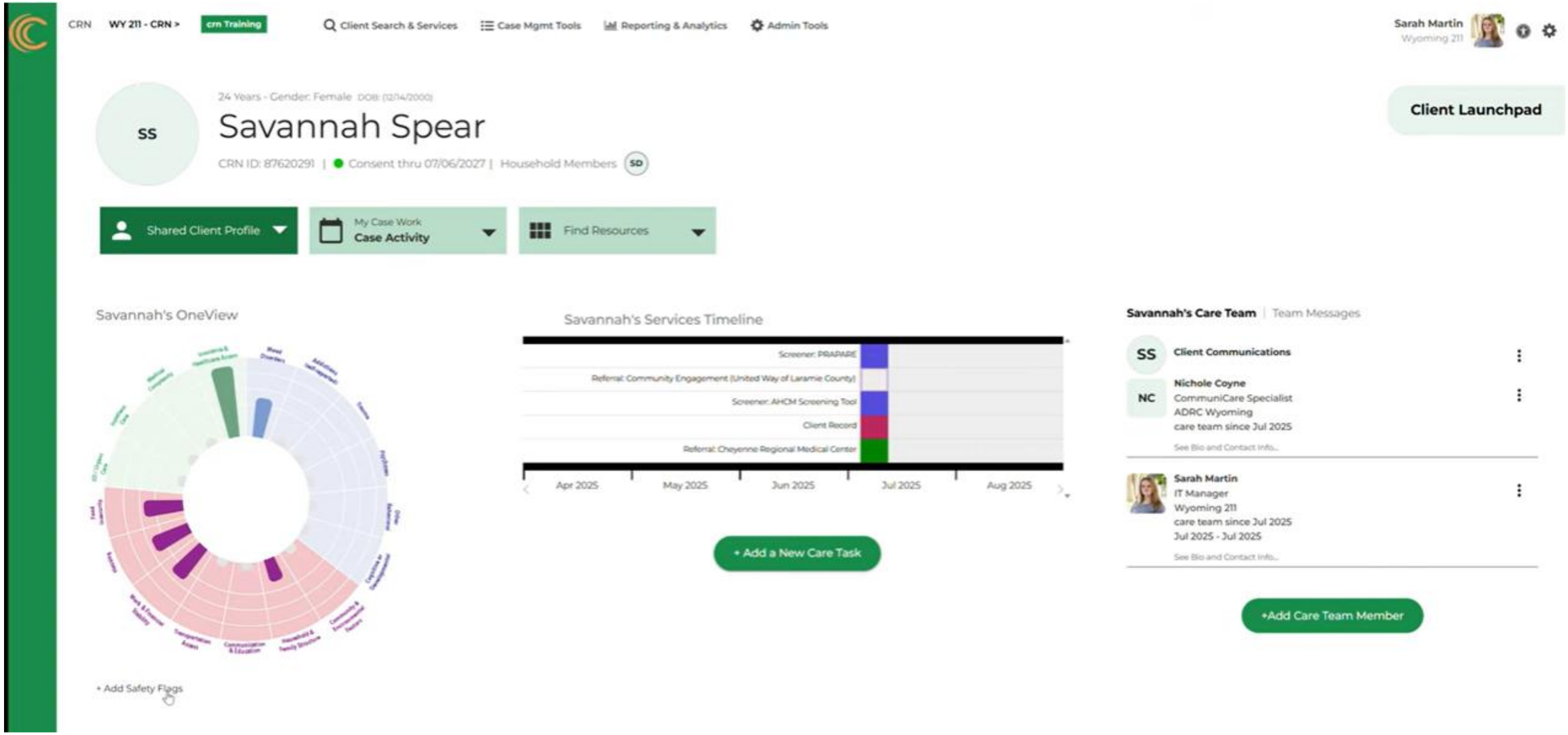
Why CommuniCare?

Our Vision for a Stronger, Healthier Community:

- Empowering Lives: Enhancing health and well-being by ensuring individuals and families thrive, not just survive.
- Bridging Gaps in Care: Addressing unmet needs and coordinating services to ensure seamless care delivery and prevent anyone from falling through the cracks.
- Streamlining Access: Reducing the burden on individuals by simplifying navigation through healthcare and social support systems.
- Promoting Long-Term Wellness: Supporting preventive strategies and robust referral tracking to reinforce continuity, accountability, and wellness.

Statewide Launch NOW!

CommuniCare Demo



FAQs

- What is the cost? Is there funding available?
- Where can I find a list of current partners?
- What is involved/expected in a partnership?
- Can my agency be a partner if we are not a HIPAA covered entity?
- How do I sign up to be a partner?
- Will other partners know when my agency joins?
- How can I help engage more partners?
- What is the inclusion policy for Wyoming 211 and CommuniCare?

Contact

Ann Clement

Executive Director

Wyoming 211, Inc.

2617 E. Lincolnway, Ste E

Cheyenne, WY 82001

Cell: 307-757-0987

www.wyoming211.org

www.facebook.com/WY211